

After a busy 2 months of exercises at sea and regional engagement in Oman, March was spent alongside in Bahrain conducting a scheduled maintenance period. This could be compared to an enhanced MOT that your car gets and is incredibly important to sustain the hull which spends up to 3 years forward deployed in Bahrain thus ensuring that routine maintenance, new enhancements are fitted and defects rectified or prevented where possible.

### **British Forces Broadcasting Service Visit**

Founded in 1943, British Forces Broadcasting Service (BFBS) provides radio and TV programmes to Her Majesty's Armed Forces and dependents worldwide. Coming to Bahrain to visit the RN units, they came down to the Cheery CHID for lunch on Commonwealth Day. TV and radio interviews of the crew were conducted by Ms Shirley Swain and you can listen to the interviews online at <u>www.bfbs.com/radio/articles</u>.





# St Christopher's School Visit

Children and parents from St Christopher's School came to visit CHIDDINGFOLD and get a tour of the ship. 21 came onboard and enjoyed looking around especially climbing into the recompression chamber and testing the diving equipment and then climbing onto the captain's chair on the bridge. Strangely, non of the parents were keen to stand in the way of the fire hose as their children tried it out!





#### CHID 3,200 mile Road to Twickenham!



3 months into our deployment and we are slowly edging towards the half way stage of the deployment and of reaching the half way mark towards our target distance of 3,200 miles by swimming, cycling, rowing and running the distance from Bahrain back to Twickenham.



A new rowing machine courtesy of HMS TEMERAIRE has been welcomed however the entire crew need to get more miles done on the static bike, and running when not at sea in order to clock up the big miles. You can sponsor us at:

### www.virginmoneygiving.com/Crewfivebahraintotwickenham



As we clocked up the miles we also clocked up the prizes. We won the 3km relay race and came 1<sup>st</sup> and 3<sup>rd</sup> in the St Patrick's Day 5km race, we won the swimming gala against our sister ship PENZANCE, and beat Bahrain Vets 6-3 at football.

## **BRAVO ZULU**

A huge congratulation to Lt Cdr Andy Brown (previous CO in CHID) for being awarded the MBE and WO1 Alan Evans (previous MEO in CHID) for being awarded the QCVS in the 45<sup>th</sup> Operational Honours and Awards List. It's great to see the MCM community recognised for the difficult and challenging job they do, especially in the conditions faced in the Gulf.

Many thanks to Sherian, Chris, Harry and Ella-Louise Webster, to Mark and Steph Smith, and all at Shoeboxes for our Heroes (SB4OH) for their kind gifts and continued support whilst we are deployed.

Finally, BZ to ET(ME)1 Plumpton, Crew 5's RNRMC Sailor of the Month for March, following in the prestigious footsteps of AB(D)1 McClung (Jan) and ET(WE)1 Murphy (Feb). Well done to all.



